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Clarksville Living

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Publisher's Message

We go to print the month before the next issue comes out. Occasionally, this can be a good thing for me. It gets me that much farther ahead on upcoming holidays and events. But at the same time it means I sometimes forget what day it is or it can allow a holiday to creep up on me.

I know it's cliché to mention how fast a year goes by, or how fast the holidays slip up on you, but I'm typing this three days before Thanksgiving and everyone has already been buzzing about PRE-Black Friday and Thanksgiving Day sales. It's too much. I love the holidays—don't get me wrong—but they can also be very stressful at times as well.

Be sure to take some time for yourself, too, so you're able to enjoy it all without turning into a Grinch.

Fortunately we live in such a wonderful community that makes this crazy time of year a little more enjoyable for everyone. You definitely don't want to miss The City of Clarksville's 19th year of Christmas on the Cumberland with its charming displays of over two million lights at the McGregor Park Riverwalk. Some fun, family-friendly activities will also take place from 6:00 p.m. to 8:00 p.m. on December 9th. This year's free activities include holiday crafts, and performances by local school and church choirs, dance groups, and more! Check the calendar starting on page 32 for this and tons of other amazing holiday activities going on around town to keep you busy all month long!

We have lots of great holiday-themed articles this month with everything from avoiding the flu, décor, to our annual local shopping guide on page 28.

All of us at Clarksville Living wish you a merry Christmas and a safe, and happy holiday season this year. We hope you all get what you want, and especially what you need.

Here's to wonderful 2018!

Carla Lavergne



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The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Living. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Living Magazine if it is not.

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Four Smart Steps to Avoid the Flu

Brought to you by Tennova Medical Group

This flu season is striking hard and wide across the country, creating anxiety for individuals who are vulnerable to serious complications. As with any illness, it's important to learn and follow steps that can protect you and your loved ones from contracting the virus. The Centers for Disease Control and Prevention (CDC) lists four important steps to reduce your risk of infection:

- Wash your hands consistently throughout the day. Hand washing is still one of the most effective and easiest ways to prevent infection.
- Keep your hands away from your face. Microscopic germs find their way into our bodies most often through hand-to-eye, nose or mouth contact. Door knob and handles, office coffee pots and grocery cart handles can all carry the virus.

- Stay away from sick people. Individuals can still be contagious for 24 hours after a fever and other symptoms cease.
- Get vaccinated. Even when a vaccine is not a perfect match for a flu strain it still benefits the recipient by decreasing the intensity and duration of the illness and preventing complications.

Besides getting a flu shot, the best way to prevent the flu – or other illnesses – is the common sense things we learned as children. Wash your hands regularly, keep your hands away from your face and avoid people who are sick.

If you do become ill and suspect the flu virus, see your doctor. You may receive a prescription for an antiviral medication which can lessen flu symptoms and help you recover faster. This is a critically-important step for those who are at higher risk for flu complications, such as young children, adults age 65-plus, and those with lung disease and compromised immune systems.

When you're ill, you can help stop the spread of viruses by staying home, except for medical care visits, until you have been fever- and symptom-free for 24 hours. Protect others from your sneezes and

coughs by turning away from people and bringing your sleeved arm up to sneeze or cough into your elbow.

Unlike a cold, the flu typically comes on suddenly. It is a contagious respiratory virus adults may unknowingly spread before experiencing symptoms. According to the Centers for Disease Control and Prevention, flu symptoms include fever or feeling feverish/chills (although not everyone with flu will have a fever); cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; fatigue; and vomiting and diarrhea, which are more common in children.

Don't have a doctor? Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients of all ages. Call 931-502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

For more health and wellness articles like this one, visit our blog at TennovaWellness.com

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a history of giving:

The annual tradition of raising millions for children.

By Tony Centonze



Buffy Ball B: Each year, members of BWC ride in to Heritage Park to help kickoff Buddy Ball Special Need Athletic League's baseball season.

LESLIE H. WATSON, better known as “Booger” is a modest man, and proud member of Bikers Who Care, a local group that over the last 36 years has raised way more than a million dollars for local children's charities.

“BWC is not a club, it's an organization,” Watson said. “We call it a motorcycle charity organization. The actual name came about in 1986 or '87. There had already been three or four Toy Runs before the organization was an organization. In the beginning it was just a group of individuals.”

Dean Weatherford was the guy who came forward and asked Booger if they could do Toy Run in honor of Booger's dad Leslie W. Watson who had passed away February, 13 1982 at the age of 73.

“My dad was a good guy,” Watson said. “I'm sure he helped some people out, here and there, but he never would have made a big deal out of it. He was cool, and pretty funny. Everyone just thought enough of him to want do something in his memory. We thought, we'll get together and do a little something, gather a few toys, have a little party and go on our way.”

That first event had 75 motorcycles, which Watson says was quite a sight in 1982. He remembers that there were about 45 motorcycles at L. W. Watson's funeral, and that was front page news.

“Well, a couple of years later the party was getting bigger,” Watson said. “We saw an opportunity to make a little money, and we were looking for someone to give it to. Dream Factory was forming up right at that time, so that was our first charity. I think the first check we ever gave them was \$188. By the fourth or fifth year, the checks were topping \$3,000.”

At some point a checking account had to be set up, the guys were sitting around trying to think of a name to put on the account. They thought on it for a while, and Booger said, “well, we're bikers who care so how about that?” Bikers Who Care was officially born.

Officially known as The Leslie W. Watson Memorial Toy Run, that event continued to grow. Other events also popped up. BWC's reputation in the community grew quickly as well. Now, each year, riders come to the event, bringing at least one toy. They ride from Clarksville Speedway, down Needmore Rd. to Tiny Town Rd. to Trenton Rd., then along the 101st to Ted Crozier Blvd. and into Governor's Square Mall parking lot. This year 850 motorcycles participated.

People line the streets along the route, and when the riders arrive at the mall they are greeted by a crowd of supporters. They are also welcomed by the Mayor, City Council Members, and members of Clarksville Fire Rescue. The City of Clarksville and Fire Department bring a bus and a trailer to be filled with donations. The riders park and walk their donations over to dozens of volunteers who stuff the gifts into giant plastic bags that eventually fill the trailers.

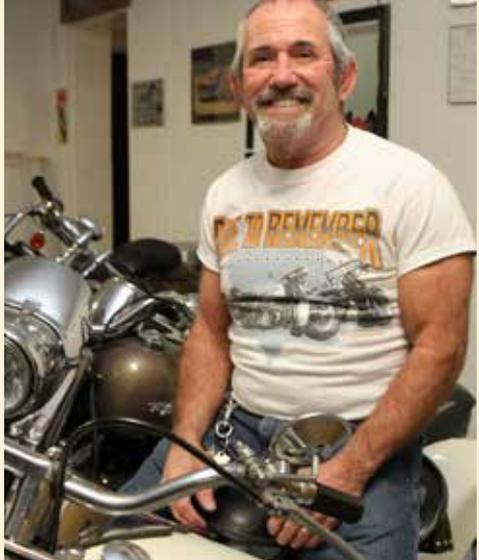
“Our biggest year was our 25th anniversary ride,” Watson said. “We had 2,000 motorcycles that year. We used to draw from everywhere, but now, any given weekend, there might be a dozen events within a 150 mile radius.

“So, it was 850 this year, but very few bring just one toy. It's feasible that we collected more than 1,500 – 2,000 toys that day. I don't know how many families that will benefit. I do know that one year we were told, we provided three toys a piece for 1,100 children.”

Watson says, if you don't have toys, cash donations are accepted. Every year around Christmas a few families in need will get brought to the group's attention, BWC always does its best to make something happen for those families. The money they raise at events each year is given to charities, Camp Rainbow, Buddy Ball, Child Advocacy, and Vanderbilt Children's Hospital to name a few.

“The last several years we have averaged giving away about \$100,000 each year,” Watson said. “This is a way for our guys to ride, experience a brotherhood, and in the process, have a chance to do something good. The reward for our guys is in going to Camp Rainbow and seeing the

Leslie H. "Booger" Watson



kids. When every new member of BWC comes in, we suggest they go to Camp Rainbow the first chance they get.

"I tell them, when you find yourself working a BWC event at 2 a.m., standing in the rain in a parking lot, well, you'll know why you're doing it. There is a lot of hard work that goes into this, but you're doing it with your friends, and your hard work is helping children. Seeing these kids at Camp Rainbow, that is your reward."

At the BWC Christmas party each December, the group presents checks to its chosen charities. Watson tells the guys, "You got out there and worked, and gave of yourself. When you see that check up there, your name is on that check too. Everyone in this room has made this possible."

On the night the checks are given out, plaques are presented to members of the group who have contributed and donated. Watson says, that's the big night, the night they all get to reap the harvest.

The original group was only about 15 - 20 guys, now the group boasts 175 - 200 members. Watson says some military guys go away and then come back, so



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continued from page 9

the number changes. BWC boasts members from all walks of life, and that doesn't surprise him.

"There was a time when we were really fashionable, and any given night you would see judges, doctors and lawyers here," Watson said. "In this group, financial bearings don't control whether you care about doing good. Having a passion for motorcycles is the same way. We work hard. We make a lot of money for our charities, and we have fun doing it, about 90% of the time."

Watson says he's not as physically active now as he once was, so he acts as a cheerleader a lot of the time. In his defense, he does have 36 years on the job. Other guys have stepped up and now take the lead on a lot of BWC events throughout the year.

"If you're in a meeting, and you come up with an idea, guess what?" Watson said. "You might be in charge of it. We've got some go-getters, and some others who are fine just being part of the team, but everyone is important."



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BWC events range from turkey shoots, to the Bikers Who Scare Haunted House, to the Red, White & Brewfest. Membership is coming up with new ideas all the time. Some of BWC's charities receive a \$5,000 donation, but when you consider those donations have been given for 12 or 15 years in a row, you realize how that money adds up. BWC also helps individual kids who need a special computer, or bicycle. Often times, someone approaches a member of the group with a story about a specific need. They always try to help.

"It's unfortunate that we can't help everybody," Watson said. "But, we do our best if it has to do with children, especially special needs children. A lot of times we hear stories about a grandmother or great grandmother having to raise young kids. We always try to do what we can for a good cause. We also donate time and money to other organizations here in town. We're really proud of what we did to help Buddy Ball when it was getting started. We still support them every year with coaching and such."

At this year's Toy Run Party BWC members and guests were treated to music from Blackfoot and Colt Ford, bigger entertainment brings larger attendance and more money for the charities.

"Everything we do is about getting more money in the coffers for the kids," Watson said. "We have a lot of partners in the community, Best of Clarksville has been a great partner in recent years. The people who get involved with us do it because we are who we say we are, and we do what we say we will do. We have a 36 year track record. We are real."

"In everything we do, we pinch every penny, so that we can give away as much money as possible to these children's charities."

Watson says his dad would be amazed with all this.

"When this all started, my family said, do what you want to do," Watson said. "I have a conservative side which I get from my father that said, 'don't do it. It's a big party with a bunch of bikers. There is a chance for trouble, ya know.' but the rebel side of me thought, let's give this a shot. If you

Toy Run B: Booger Watson has the honor of leading Santa Claus and a parade of motorcycles each year at the annual Leslie W. Watson Memorial Toy Run.



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would have said, do this, it's going to raise millions of dollars and help thousands of children, I would have said yeah, but we didn't know that going in."

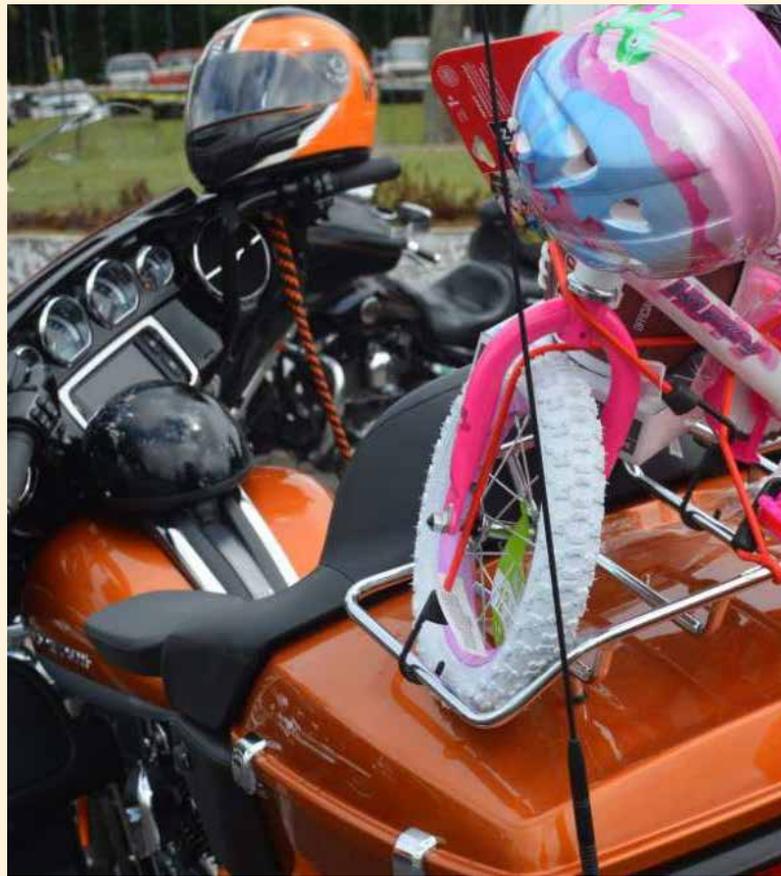
The group raises more money each year. They built a \$200,000 park on Riverside Drive by Wendy's. BWC bought the equipment and provided 90% of the labor, but you have to look closely to see one of the plaques that gives them credit.

"Sometimes I'll be at Walmart or at a gas pump wearing a BWC t-shirt or hat, and some one will come up and thank me for what we have done," Watson said. "I had a lady come up one day and say, 'y'all do some wonderful stuff.' She had an older brother in Buddy Ball."

"It has been the most rewarding experience. Dad used to have a saying, 'Fool's names, and fool's faces always show up in public places.' So I get a kick out of thinking about how many thousands of t-shirts his name has been on and how many articles have been written. I am proud to say his name is on some official recognition documents we have gotten from the highest levels of Tennessee government."

Watson smiles when he tells this story about his dad.

"I ride a super-trick motorcycle," Watson said. "In 1978, I took two front heads and put them together on this custom build, that changed everything, and led to a lot of tedious work. My dad kept looking at me like 'that ain't gonna work.' I got it together and it started in three kicks. About 45 minutes later a guy comes in to get some parts. My dad says to him,



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'hey, come over here and look at this knucklehead we put two front heads on.' So, he would have said no don't do it, but today he would probably say, 'look what we did.'"

Watson consistently reiterates that he is in no way the leader of BWC. He gives all the credit to the guys around him who do so much good in the community. And, he is quick to give thanks.

"I just have to say thanks to the City of Clarksville, and Montgomery County government, for standing with us and helping us. Thanks to all the people, all the sponsors, and to the entire community for standing with us, supporting us, and putting up with our traffic jams."

Watson points out that the two biggest events in the world of Harley Davidson are Sturgis and Daytona, both of which will soon be celebrating their 80th anniversary. When that happens, BWC's Toy Run will be celebrating its 40th, there aren't many events of its kind that have been around that long.

Watson ends the conversation with BWC's

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Finding Peace at Christmastime

by Megan Evans

Teacher of preteens and women at First Baptist Clarksville, military wife, mom of 3, writer, and Co-founder of "DWell" Bible study group for women in busy seasons of life

How can we find peace today? A familiar Christmas carol resounds, "silent night, holy night. All is calm, all is bright." Are these words just reserved for a rustic nativity scene that happened long ago? Our world is loud and confusing, even scary and hurtful at times. Does God's heavenly peace still exist for you and me? Absolutely! Sometimes it just takes realizing that it was there all along.

One scary evening, I learned about God's peace. I was eleven years old, and there I sat, all alone in the dark. This particular night would begin like any Thursday evening. Carpool dropped me off at my front door, and I waved and smiled goodbye. Normally the driver would have waited until I was safely indoors.

That night she didn't. Normally my family would have answered the door. That night they didn't. Normally the porch light was on. It wasn't. Normally I had a key. I didn't. All of a sudden, I realized that I was alone, in the dark, and locked out of my house. Without a light, the surroundings of my woody yard became unfamiliar. The big oak tree with limbs that normally offered climbing walls and enormous hugs felt scary, and so did the thicket of bamboo where I often played. I found myself clutching everything that I had with me, including fear and "what-ifs." "Where is everyone? What if they don't come back," I started to panic. I ran to the back door, but it was locked too. Through winced eyes, I suddenly noticed my father's work truck nearby. "Just maybe," I thought. With two hands, I squeezed that heavy metal handle. Surprisingly, it sprung open. In one swift movement, I pulled myself inside and locked the doors. Those locks were a funny golf tee shape. On the top, there was

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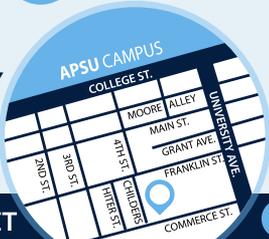
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an indentation just the size of my small thumb. Normally I loved pulling it up so I could push it back down, but I didn't dare do that now. I just sat in the dark all alone, or was I?

All was calm. I was safe in my Father's truck. The softness of his weathered bench seat now comforted me, and I was finally brave enough to look out. There above me was a magnificent display of stars spilled across the night sky. They sparkled and pierced through the darkness. It was as if God was telling me, "I am right here, do not be afraid." All was calm and yes, all was bright. I was no longer afraid.

All was bright. My family eventually drove up. They probably hadn't been gone long, but long enough for me to learn to trust God for peace. I was young in my understanding of Jesus, but I learned that night that He was more than a Sunday school lesson. Jesus comforts, and He pierces darkness. He is heavenly peace.

Life's circumstances aren't always calm and bright, but I learned that night to look for Jesus in their midst, and seek His heavenly peace that surpasses all understanding. The Christmas nativity scene we celebrate, reminds us of the holy night when heavenly peace was born through our Savior, Jesus Christ. Jesus is that peace we crave for our eternity and we need in our daily life. His peace still exists for you and me today.

5 Tips for experiencing God's peace in Your daily life:

1. Be sure to celebrate a Christmas Eve worship service with your family this year.
2. Read the Christmas story in the Bible together. Read Luke 2:1-20 in the New Testament of the Bible.
3. Talk & listen to God-that's prayer!
4. Read God's Word to you-that's the Bible! (The Book of John in the New Testament of the Bible is a great place to start reading, especially if you've never read the Bible before).
5. Join a Bible Study or Connect Group. I have found this not only helps me understand and apply the Bible to my life, but is also a great place to build friendships. (We'd love you to join us in one of our groups at First Baptist Church of Clarksville!)

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HOW TO DECK YOUR HALLS, FOR A VERY MERRY CHRISTMAS

with Jason Parker Counce

Story and photos
by Karen Parr-Moody

It has been nearly three decades since Nashville native Jason Parker Counce created the whimsical Pumpkin' Head Dolls that landed in the Museum of American Folk Art's gallery and gift shop. A graduate of Austin Peay State University, where he studied art, Counce is gifted with the talents of painting, sewing, woodworking and drawing.

Counce's range has broadened with time and now he is an interior designer and lifestyle expert who excels at all aspects of everyday living: entertaining, gardening, home décor, antiques collecting and handmade crafting. He has produced booths for antique and craft shows and has been featured in magazine articles and on television segments. He sells a blend of antiques and his handmade artistry at stores throughout Tennessee, including GasLamp Too in Nashville, Winchester Antique Mall in Franklin, City Farmhouse at The Factory in Franklin, Canterbury Cottage in Belle Meade, and Phillips General Store in Bell Buckle.

Each Christmas season, Counce makes an array of ornaments for stores and decorates private homes for clients who want the most creative of trees and mantels. Herewith, a Q&A with him about where he shops in Clarksville and how best to serve caviar, among other tidbits of knowledge.

Q: What subject did you study at APSU?

A: Art. I was all into art. I really liked pottery; that was one of my favorites, and then fine porcelain. I was really into art was because when I was in high school, we didn't have art classes. The football coach was my senior art teacher, if that tells you anything.

Q: Tell me about how you decorated your apartment with finds from Pedigo's Antiques on Madison Street when you lived in Clarksville.

A: I did it very Ralph Lauren with lots of antique books and brass. And I did bring a few hand-me-down pieces from home. I had my grandparent's wood antique bed that was mine because

nobody else wanted it, along with a chest of drawers and a bookcase. Pedigo's, when I was shopping there, was only that one building at the front part of the space. It was packed floor to ceiling. You can only imagine what it was like to hunt in a store that was packed floor to ceiling. Talk about a hunt!

Q: Could you tell me what you like about shopping in Clarksville today?

A: I try to go to Pedigo's almost every other month because I can find so many things all in one place. It's the same thing with Miss Lucille's; I think that's a good place for the town, it's pretty

diverse. I always find some good things for my customers and I find things for me, too.

Q: How did you get to the place you are in your career, a lifestyle expert?

A: I liked a lot of different things and I didn't do just one thing. I like home, I like garden and I like cooking. So, if you just do what you like it sort of shows through. I've been doing antique shows for 25 years. I started when I was right out of high school. I've been doing this before the popularity of it today. I think the thing that has changed nowadays is everything is so accessible. If I post something I've done, everyone can see it from New York and California to abroad.



Q: Every year you debut a new collection of handmade creations for the holidays. What have you created for this season?

A: This year I did lot of candy canes, lots of red and white. Of course, everyone's into neutrals now, like black and white's the big trend for everything, with all shades of earthy green. It's just a neutral palette and it doesn't have to be expensive, it just looks expensive. Any shade of green, from army green to Kelly green can be used to give that extra effect or touch.

For my candy canes, I used antique red and white and red and tan ticking. I made candy cane pillows, ornaments and spiced sachets. The ornaments are candy cane shaped with a bow and a bell. For the candy cane sachets, I scented them with cinnamon, clove and orange peels.

The pillows I did are really cute, because they are the same concept – antique ticking candy canes – sewn onto army green fabric and backed in an old red fabric. From an antique dealer, I

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continued from page 17

had purchased a roll of WWII army canvas that they used to make the tents and bags with. It is an unused, authentic roll. So the candy canes are sewn onto the green canvas, then I put a big bow and a bell on all of them.

Q: What do you put on your mantel for Christmas?

A: I actually have a collection of antique paper Putz houses and churches that I put on the mantel. I also include all of these wooden, log cabin churches that are painted white and covered in mica snow; I've been collecting those for a few years.

Q: What is your favorite look for the Christmas tree?

A: It's pretty traditional. I do something a little different for myself, just to fit the décor. Mine is a copper bronze tree and then I do tone on tone antique ornaments and beaded garland. It's different. But what I like for Christmas is always tone on tone, so whether it be red, gold or silver, or using different shades of red, whether it's burgundy, a real red and even a pink. It gives it an hombre affect.

Q: What is your favorite color palette for Christmas décor?

A: I really like silver. I think that's very traditional because it could be anything from ornaments to Christmas bells and even tinsel, so you that mercury or mirrored look all over.

Q: With so many holiday parties to attend, what are your favorite gifts to give the host or hostess?

A: I usually like to give something that's food related, because everybody has wine. There's one brand I like to give called Captain Rodney's Boucan Pepper Glaze. It's a pepper jelly that is in a glazed form. And I always include a handwritten recipe for one of my favorite dips that is made with that glaze. That way they can make it for a party during the holidays or later for themselves.

Q: What is an inexpensive flower arrangement that hosts and hostesses can put out for the holidays?

A: Paperwhites or amaryllis, of course; that's always the most traditional. But then if you really want to make it easy, you can just go to the grocery and get one color flower, like red flowers, and cut them all to the same height and put them in a vase, low, to make it compact. Like carnations, they last a long time, and so do alstroemeria. You could even use small vases or glassware and do a grouping: then you can have a low arrangement for the table or even the coffee table. I've used everything from votives to juice glasses to do that.

Q: What is the most decadent item you've ever had at a holiday dinner party?

A: I always like crème brûlée at holiday parties.

Q: What's the most down-to-earth and easy dish that can be served at a holiday dinner?

A: Right now, being in Nashville, everybody wants hot chicken. So do biscuits and chicken, because people are coming from all over just to have a taste of Nashville.

Q: What is your favorite Christmas tradition or recipe from a relative that remains part of your current Christmas celebration?

A: Making homemade coconut cake, because my grandmother made them every year since I could remember. She would even crack the coconut herself and use the homemade coconut milk. And then Mom always made caramel iced cake; that was the other one that was the most popular at the holiday. Then my sister's favorite was divinity. She made that, so every now and then I'll do that. My sister's favorite that I would make for her when I was APSU was my microwave fudge, with powdered sugar and everything.

Q: What is your all-time favorite Christmas cookie to make and give?

A: Gingerbread. I drew a cookie cutter that one of the antique dealers then made for me: it's a gingerbread man who's running away. Everyone gets a kick out of that one.

Q: What is your suggested way for a host to serve caviar for a holiday party?

A: I love it when it's on the little baked potato, a baby red potato, with the crème fraiche and caviar on top. And now there are so many potatoes, you can do a red or purple one.



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Christmas Lights Extravaganza

By Taylor Lieberstein

The quickest way to brighten spirits during the holiday season is to visit a musical light up drive thru display. The annual Christmas Lights at Clarksville Speedway's is shining bright from now and will continue through New Year's Day. Start a new holiday tradition and spread festive cheer with your family while enjoying over one-mile, and over a million lights, from the comfort of your car.

There are several animated scenes throughout the one-mile drive-thru display. Christmas music plays throughout the light shows scenic drive. The best thing about this being a drive-thru light show is that it broadens the potential audience. Elderly and little ones can enjoy this event without the threat of walking long distances and being out in severe temperatures. This is also a great opportunity for disabled and

people who are not able to walk for long periods of time. You do not have to exit your vehicle for the duration of the experience.

Make Clarksville Speedway's Christmas Lights Show your family holiday destination this year. The magnificent drive-through Christmas light show is bigger and better than ever before. With more than one million spectacular LED lights on a mile-long course, it's a must-see holiday attraction for the entire family. This year the drive-thru light show features many new displays along with all the old favorites such as a waving Santa, a candy cane machine, skiers, parachuting reindeer, a moving waterfall, teddy bear arches and a 200-foot long drive-thru tunnel.

William Scogin, owner of the Clarksville Speedway, said the genesis for the idea of bringing the Christmas Lights show to the

speedway was the community's need for local, affordable holiday entertainment. Scogin built many new light up pieces for the display himself. His intention was to create something that families can do to get in the holiday spirit locally versus having to spend time and gas money to drive to surrounding counties. The plug was pulled on Nashville's popular light display at Jellystone Park this year, luckily Clarksville has its own Christmas light drive thru destination.

The drive thru display runs from dark until 9:30 p.m. Sunday-Thursday and dark until 10:30 Friday and Saturday. Admission is \$25 per car load however there are \$5 off coupons scattered throughout Clarksville and in your favorite local publications. Lights will be illuminated rain or shine. Clarksville Speedway is located at 1600 Needmore Road.

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- Senior Citizen Night (Nov. 29th, 2017)- \$18 ages 65 and over
- Boy and Girl Scout Night (Dec. 5th, 2017)- \$18 for scouts in uniform
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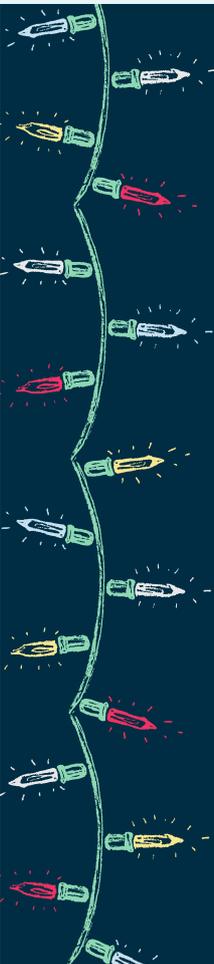
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World Record.



By Tony Centonze

KaLea Lehman recently set a very specific world record for Guinness World Records. At this year's Go Commando, her first ever half-marathon, she pushed three children in a triple stroller to a record time of 1:51:12.

"I wanted to do this several years ago," Lehman said. "I was faster then, and my kids were smaller, but we moved and it didn't work out. But, this time everything came together, and I was able to turn my attempt into a fundraiser for Vanderbilt Children's Hospital."

A few years back, Lehman's daughter Marie was life-flighted to Vanderbilt, and stayed there as a patient for two weeks. Since that experience, Lehman had always hoped for a chance to give back to VCH.

"They were so incredible, everyone at Vanderbilt was just amazing," Lehman said. "The compassion of the doctors and nurses, their optimism, competence, and patience with parents, I cannot say enough. My husband is active duty military and wasn't able to be



Lehman's and her team, (in no specific order) Kelly Goodman, Lena Steiner, Jon Proctor and Erin Gegory-Leads. Also pictured are Lehman's children, Elise, Marie, Audrey and Joshua.



there. I guess that makes me even more thankful that they were so wonderful.”

Lehman says the fundraiser part was easy. It was done through Children's Miracle Network. All she had to do was go on the website and set up the campaign. CMN handled the rest.

“I guess we started the campaign in June,” Lehman said. “I met Kelly Goodman at Rossvie High School. They have a race summer series for runners, with an event once a week. We met, and found out our kids were in the same preschool. They were always playing together, so the two of us became fast friends.”

Lehman says that Goodman was instrumental in pulling together the team that made her world record run possible. Goodman and their friends Lena and Jon actually supported and encouraged her through months of training, and then ran as pacers for Lehman during the Go Commando race.

“I've never been a consistent runner,” Lehman admits. “I ran in middle school, but didn't really start running again until 7 years



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ago, right after my first daughter came along." She now has four kids, Elise 8 1/2, Marie 5, Audrey 4, and Joshua 18 months. "Sometimes all four kids and the dog ride in the stroller. I ran with a single stroller, then a double stroller, so this has really been something that has happened organically over the last few years.

"When we first moved to Clarksville, my daughter was sick. I had a friend who was an avid runner, so running became our play dates. It just became our routine, running at the Greenway, just a way to hang out with my friend."

Lehman says it's a totally different experience, running with a stroller. It's more of a challenge all the way through. She says it's more like pushing a sled than running, the way you hold your arms, and how your use your core its totally different.

"I guess I became aware of this record in October of 2016," Lehman said. "My husband and I had been

racing shorter distances with the triple stroller, and then I read that a mom in North Carolina had set the half-marathon triple stroller record. She is a military spouse, a mom of triplets, and she was fund-raising for the hospital where her kids had been born prematurely. I saw that and said, well, she did it. I can do it too, and finally give back to VCH."

Lehman had been determined to give back to the hospital. She said she was astounded when she saw the bills, and how much the hospital actually gets for all that they do.

"I thought about all the kids that get care at VCH, and how exceptional it is," Lehman said. "Their fund-raising needs are very legitimate. I set a really high goal. I took the daily cost for one child in PICU, and figured it for a month. It was like \$240,000. Of course we didn't come close to that. I think we raised about \$5,000."

Lehman's fundraiser is closed, but she is already talking about doing it again next year.

"My goal for this race was 1:43:00 to 1:45:00," Lehman said. "That's what we trained for, but we came in at 1:51:12."

Lehman says that up until the morning of the race, the time to beat was +/- 2:01:00. That morning, she checked the Guinness site just to be certain, and found that a new fastest time had been established, +/- 1:54:00. It's possible that her time has already been beaten. Since Go Commando, a woman in California has posted a time of +/- 1:47:00.

In unison, you could hear Lehman and Goodman say, 'We can do that.' "Our fast pace during training was 7m 40s miles, our normal training pace was 8m 10s miles." Lehman said. "It would be easy to beat that 1:47:00 time. I'm certainly not trying to discredit the California runner. I plan to reach out and congratulate her when I get a chance. All of us who do this have talked to the lady from North Carolina who started it. It's neat to hear about all the stories from people across the country and get to know them."

'Getting a chance' is not as easy as it sounds. This is the second time the Lehman's have been stationed at Fort Campbell. They have lived in Clarksville for a total of 6 years. Her husband is active duty, and she is currently working on her graduate degree at Vanderbilt University. All that, and four kids under the age of nine at home.

Lehman says as soon as Go commando was over, she immediately had to turn her focus to her thesis. She was hoping to get some time over

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the Thanksgiving break to catch up on lots of things, including the submission of her paperwork to Guinness World Records.

Lehman talked about next time, lightening the load in the stroller, using a Camelback. She says she learned a lot. She talked about all the things, like her Baby Jogger triple stroller, which she loves, but more importantly, she talked about the people in her life that made this journey possible.

"I had been kicking around this idea for a while," Lehman said. But, when I met Erin Gregory from Moms Run This Town, that was really the beginning of this quest. She said, 'you need to do it.' She told me about the Rossvie Run Series, that's where I met Kelly. She was my structure. I tend to wing it, but she had us doing 20 – 30 miles a week, coordinating the kids' schedules. She even put weights in her stroller so we would be competing on a level playing field. Kelly held me accountable.

"The running scene in Clarksville is so wonderful, you have Clarksville Runners Club, and MRTT. Everyone is so close, and so encouraging. And, we love the Greenway. It's safe, and people are so positive and friendly. You just become part of a community. There are just so many caring people who surround us here."

For moms, or anyone who is thinking about trying something like this, Lehman says, go for it.

"Get out there and do it," Lehman said. "What's stopping you, is all in your head. Find a friend, Start walking. This is a great running community. If you say, I can only run at 5 a.m. Saturday, don't be surprised if someone from CRC or MRTT says, 'Oh, I can meet up with ya.'"

Lehman wants to say thanks to all the people who supported her fundraiser, and all the people at Go Commando who were so supportive of her and her team.

KaLea crossing the finish line at her first ever half-marathon.



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Meeting Medication Challenges as You Age



By Dr. Catherine Shevlin Meeks, PharmD

Before filling a prescription, your doctor may have free samples available. This isn't a long-term solution. But you can try a drug for free while seeing if it works with a minimum of side effects.

Meeting Medication Challenges as You Age

According to the Robert Wood Johnson Foundation, 75 percent of people older than 65 have more than one chronic health problem. So, at this stage of life, it's common to take many different drugs.¹

The problem is it can be hard to keep track of more than one drug. And how your body responds to medicines can also change as you age. Challenges like these may explain why one-third of hospitalizations among older patients are due to drug-related problems.¹

Communicating well with your doctor and me can help you stay safe and ensure your drugs work the right way. Each person's situation is unique, so get the personal attention you deserve. Ask me any questions you may have.

In the meantime, here are some ways to manage common challenges you may face:

1. Multiple Meds. It helps to use one pharmacy for all your prescriptions and refills. That way, we can check for potential interactions between your medications. And we can suggest supplements that would be safe for you to take along with those drugs.

Bring me a list of all your prescription and over-the-counter medications and vitamins and supplements. Let's discuss ways to synchronize or simplify your medication schedule. Ask about our refill reminder program—you never need to miss a dose!

If you notice any side effects, tell your doctor and me right away. This can be a reaction to a drug or a combination of drugs.² It may also be due to an interaction with alcohol or certain foods.³

2. Forgetfulness. You may find it helpful to write down your medication schedule. Note the day and time to take each drug, and what it's for. Include special instructions such as whether to take the drug with food and where to store it.

Special pill boxes may also help. Also, set a daily routine and tie it to another well-ingrained habit. For example, if you need to take a medication at night, keep those pills near your toothbrush.²

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3. Cost. On fixed incomes, many older adults are concerned about the high cost of medications. First of all, know that skipping doses or not filling your prescription is not a safe solution. You need to take the drug exactly as directed.

Talk to me about ways to reduce costs. For example, we can see whether a generic version of your drug is available. Or you may be eligible for a prescription assistance program. Also, ask your insurance company if you can get a senior citizen discount.

Before filling a prescription, your doctor may have free samples available. This isn't a long-term solution. But you can try a drug for free while seeing if it works with a minimum of side effects.⁴

4. Swallowing or dexterity problems. Do you have trouble swallowing pills or opening pill bottles? Together, we can come up with a solution.

For example, easy-to-open containers are okay if there are no children or pets in your home. And, you may be able to take a liquid medicine instead of pills. Check with me first before chewing or crushing tablets.⁵

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Sources: 1. MUST: "Tips You Can Use." Available at: <http://www.mustforseniors.org/tips.jsp> Accessed October 31, 2014.

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4. MUST: "Talking About Cost: Don't Let Medication Expenses Cut into Your Treatment." Available at: http://www.mustforseniors.org/documents/must_talkingaboutcost.pdf

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We are only weeks away from Christmas. Work parties, gatherings with friends, family dinners and all other hectic holiday events are upon us. Beyond the excitement is the pressure to find the perfect gift for each person on our list. Holiday shopping can be overwhelming. To save you time and stress we've pulled together a list of gifts that can all be found locally! Whether you need a something sweet to give to your in-laws, something unique for your hard to shop for sister or a thoughtful gift for a hostess, there are many unique, affordable items to be had this season. Look at what we've discovered at some of your favorite boutiques and local businesses.



COUTURE CRUSH

This boutique offers a variety of unique clothing designs and labels with artful accessories ranging from traditional to chic that any woman would love to find under the tree. Shop quality brands such as Joes Jeans, Free People, Freeway Apparel, English Factory, Endless Rose, and Moon River. CC is also carrying products by a new line of called Mockingbird Lane. This locally owned company offers Clarksville and Tennessee themed gifts and décor such as flour sack tea towels, throw pillows, and wall art for now. (With more locally themed items to come.) These affordable and unique gifts start at just \$10.95.

Couture Crush is Located at 101 Franklin St. (across from the Roxy) in Historic Downtown Clarksville.

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From guitars, electronic drums, ukuleles and PA systems to music books and accessories, they offer all things music. Shop name brands like Martin and Peavey. Guitar, Piano, Bass, Violin and Fiddle lessons are also available at Mary's Music. Surprise the musician on your list with a lesson to develop or brush up a skill, a gift that lasts a lifetime. If you aren't sure which instrument they are into, pick up a gift card which can be used towards any lesson or product.

Shop Mary's Music at 305 North Riverside Drive.

BINK'S OUTFITTERS

Clarksville's only locally owned outdoor clothing store in Clarksville carries a wide variety of items by big name brands such as The North Face, Patagonia, Lily Pulitzer and Costa Del Mar. They carry Yeti coolers and tumblers which are at the top of many men's lists this season. For the ladies you cannot go wrong with the increasingly popular Hunter rain boots, offered in a variety of colors and styles.

Binks is located at 111 Franklin Street in Historic Downtown Clarksville

BELLA MEDICAL SPA

For more than 10 years, Bella Medical Spa has been keeping Clarksville beautiful. It's your one stop for everything from Botox, Dysport, Fillers, Vampire Facials®, Laser Treatments, Water- assisted Lipo, Vaginal Rejuvenation, Ultherapy and more! If you'd like to give the gift of beauty (and get a little back for yourself in the process!) you may buy a \$100 gift certificate and they will add \$25 to the amount for free! And for corporate gift giving and business owners: For Every \$200 in gift cards you spend, for your employees, they will gift you: A \$25 gift card for yourself! **Gift Cards may not be used as personal balance account cards. Cards are tracked and must be gifted.*

Bella is located at 2151 Wilma Rudolph Blvd,

CLOTHES MENTOR

Shop new or like new clothing for ladies on your list ranging in sizes 0-26, petites and maternity. This is an upscale resale store, meaning they only buy and sell designer brands. They also have brand new designer bags, wallets and jewelry in brands such as Michael Kors, Kate Spade and Brahmin-which they sell well below retail price.

Shop these great deals at 2714 Wilma Rudolph Blvd.

SANGO PHARMACY

This one-of-a-kind pharmacy carries many sought after natural and organic products. They have stocked several new lines for the holiday including Rinse handmade beer soaps which make great gifts for guys. The soaps range in variety of scents from Chocolate Stout to Blue Ribbon and they have beer in them. Each soap is made from scratch in Georgia. They also carry Urban Agriculture grow kits which include everything you need for a fun and easy city gardening experience. Flowers, cooking herbs and vegetables are among the options of kits you can choose. The pharmacy carries other natural products such as Veteran Grown CBD oils and several organic skincare lines.

On our wish list: Botanico Skin's sea salt shampoo.

Located at 2622 Madison Street, Suite A.

When picking out gifts this holiday season, why not choose something that will be unique and put money back into our community? From affordable, chic boutique gifts to dreamy spa days this is our annual roundup of exclusive, thoughtful and most importantly local gifts for everyone on your list.



THE ST★RLIGHT GRANDE

Clarksville has a new jewel in her crown and it's the Starlight Grande Theater.

The Starlight Grande is a local Performing Arts Theater and School brought to us by Amanda Batts, and Debbie Wilson. These lifelong friends want to share their experience and love of the arts with their community.

It doesn't take long speaking with these two ladies to feel the excitement and catch a glimpse of their vision to provide a place where the community can gather together, where families and people of all ages can learn, grow and showcase their talents.

Amanda was inspired by a star - filled sky one night when she was standing in an open field outside of a small town in Alabama where she was opening a theater. It was in this moment The Starlight was born.

The Grande is a tribute to Debbie and her love of the piano as well as her musical gifts as a talented pianist.

Amanda is a dancer, choreographer, producer, and director who is eager to meet local talent and invest her wealth of knowledge and experience into them. When Debbie isn't pouring her love of music into students at Northeast High School she can be found working at the

theater with Amanda. She too brings experience in a variety of the arts as well.

The Starlight Grande is located at 1810 Memorial Drive and YOU have an opportunity to experience it first hand. Make some new memories this holiday season and invite your family and friends, or consider bringing your office down for a show.

On December 8, you are in for a treat as the performers are putting on a dinner show called Holiday Spectacular. The doors will open at 5:30pm with a holiday themed meal starting at 6pm and the show following at 7pm. Take time to sit back, enjoy a great meal with your family and friends, and reflect on what this season is really about. Tickets for this interactive show are only \$50.00 each, and this includes your dinner! Tickets are going fast, so please contact the theater box office at (931) 217-4608 for reserved seating by 6pm on December 4th.

If a matinee suits you better, come join in on the holiday celebration with an intimate afternoon showing of the Holiday Spectacular on December 9th. The doors will open at 1:30 pm and the show will start promptly at 2pm. Tickets are \$20.00 and can be purchased at the door or via phone at the box office (931) 217-4608.



The Starlight Grande Performance Theater, 1810 Memorial Drive, performed songs from the "Crooners and Songbirds" of the Great American era Friday night. Photo by Robert Smith

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Final opportunities to see the show will be December 15th & 16th as the doors will open again at 7pm with the Holiday Spectacular starting at 7:30pm. Tickets will be \$20.00.

If you have a big group you would like to bring, please call Starlight as soon as possible. Reservations can be made by calling the box office at (931) 217-4608, don't wait these will not last long!

Check out the The Starlight Grande on Facebook or their website, www.thestarlightgrande.com to be among the first to see the variety of shows coming, in the New Year. Information about the performing arts school will be coming in January!

THE Starlight GRANDE PRESENTS

Holiday Spectacular

DECEMBER 8TH- DINNER SHOW @ 6 PM- \$50
DECEMBER 9TH- MATINEE @ 2 PM
DECEMBER 15TH & 16TH @ 7:30 PM

\$20 Tickets at The Door

Want to Book A Private Party/Event? Call Us!

**1810 MEMORIAL DR.
 CLARKSVILLE, TN
 (931) 217-4608**

CALENDAR

ONGOING

MONTGOMERY COUNTY HISTORICAL SOCIETY Program meeting the 3rd Monday of each month of 2017 except for June and December. Meetings provide an interesting and informative program on a topic of local history. Visitors are always welcome. Refreshments provided.

Civic Hall Veterans' Plaza. 350 Pageant Lane
Clarksville, TN

ART LINK

5:30PM-7:30PM
Every Monday ArtLink hosts Music Monday at the Salvation Army. Free for all ages! This gives children of all ages and skill levels an opportunity to learn music theory as well as actual guitar playing. We need several volunteers each Monday from 5:00 to 8:00

to help set up, sign each child in, encourage and support the children as they learn new skills each week, and tear down. If you or anyone you know would like to be a part of Artlink, Please visit us at www.artlinkclarksville.com or artlinkclarksville@gmail.com

Salvation Army
210 Kraft St,
Clarksville, TN 37040

CELEBRATE RECOVERY

1) Friday nights with dinner at 6:15 PM and the meeting at 7:00 PM
A Christ centered 12-step ministry. Child care is provided.

Grace Church of the Nazarene
3135 Trenton Road
(931) 216-6644

2) Friday nights with dinner at 6:15 PM and the meeting at 7:00 PM
A Christ centered 12-step ministry.

First Church of the Nazarene
Community of Hope
150 Richview Road
(931) 648-0110

DRIVER SAFETY PROGRAM

The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2017.

To register, please call:
(931) 802-2484 for details.

PARKINSONS SUPPORT GROUP

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information.

Church of Christ, Trenton Crossing
2650 Trenton Rd. Clarksville, TN.

CHESS CLARKSVILLE

Fridays, 4:00 PM until.
Books-a-Million
125 South Hampton Drive
Contact:
chess.clarksville@yahoo.com

CLARKSVILLE SCRABBLE CLUB

3:30 PM to 6:30 PM the first and third Tuesdays of each month. Beginners welcome.

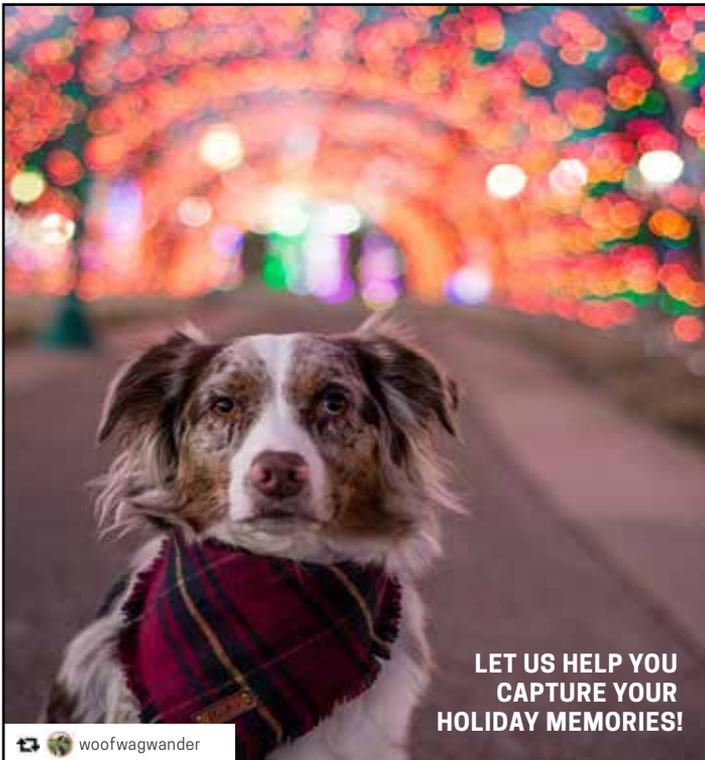
Books-a-Million
125 South Hampton Plaza
(931) 647-3625

CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at thetpwillsound@charter.net for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at cumberlandwinds.org.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday, 5:30AM to 5:00 PM), Saturday,



LET US HELP YOU
CAPTURE YOUR
HOLIDAY MEMORIES!

[woofwagwander](https://www.instagram.com/woofwagwander)

#CLARKSVILLEPARKSREC

Submit photos of you enjoying a Clarksville Parks & Recreation event, facility or park on Instagram for a chance to win an Instax Mini camera!

One winner will be chosen at random on December 20.



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US Health Advisor - TN Licensed Agent

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7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist Church Family Life Center
250 Old Farmers Road
hilldale.org

FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library. The Clarksville Game Design Club

has two separate groups that meet at the Library—the Game Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and learn more about the program at clarksvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Avenue Room 218 Clarksville, TN

For more information, contact

the office of CMC Adult Literacy Council at (931) 542-5046, adultliteracycouncil@gmail.com or visit adultliteracycouncil.org

GENEALOGY DISCUSSION GROUP

6:00 PM to 7:30 PM the third Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

Genealogy Room on 2nd Floor
Clarksville-Montgomery County Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00AM to 5:00PM Recycling Coordinator: Denny Mihalinec, RecyclingHabitatMCTN@gmail.com. Recycling bin is located at: Clarksville Restore 408 Madison Street

(931) 645-4242

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30AM Bible Study every Wednesday at 6:30 PM Ride each Sunday at 11:00AM Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

Salem Place
1765 Highway 48
Contact: Pastor Ron
(931) 801-0379
hoperiders.org

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00AM the first Saturday of each month (except January and July). For information contact Jason Groppe, (931) 561-5530.

Clarksville-Montgomery County Public Library
350 Pageant Lane

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SOCIETY FOR CREATIVE ANACHRONISM

The SCA is an organization dedicated to recreating the Middle Ages as they should have been. We have feasts, medieval combat, tournaments, arts and sciences. If you have an interest in Medieval or Renaissance come join us. We have fighter practice Sundays at 3:00 PM at Liberty Park. We meet past the fishing pond, back by the dog runs. Visit crimsonriversca.org or call Steven at (931) 542-2277.

UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00AM in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

Quilt and Sew
109 South Main Street
Trenton, Kentucky
(270) 466-9222

DECEMBER

1 FRIDAY CHRISTMAS AT THE HAYLOFT

4:00PM A intimate shopping experience at the barn. Friday night is fun with your friends. Saturday is family fun 9AM-4PM with Santa 10AM-12PM and Christie Jones Ray reads a story about Eliza the Mouse at 12:30PM. Fresh Greenery, Shopping, Music & Food & more!

The Hayloft
551 Port Royal Rd,
Clarksville, TN 37040

2 SATURDAY ANNUAL CHRISTMAS PARADE

5:00PM-7:00PM Be a part of a Clarksville tradition by participating in this year's annual night-time event by watching, walking, preparing a float, or driving a fun vehicle all decked out in holiday cheer! This year's theme is "Christmas Around the World."

102 Public Sq.
Clarksville, TN 37040

SPIRITFEST 2017

2:00PM-5:00PM Park early – then play until the parade begins! This event is going to provide entertainment starting at 2:00 p.m. while guests wait for the Clarksville Christmas parade to begin at 5:00 p.m. There will be inflatables, Santa, live music, an artists' sale, free dessert and hot chocolate, food trucks and a live nativity (with a camell!). Don't miss it.

Activities will take place at:

Downtown Commons
215 Legion St.
Clarksville, TN 37040

First Presbyterian Church
213 Main St.
Clarksville, TN 37040

Trinity Episcopal
317 Franklin St.
Clarksville, TN 37040

3 SUNDAY SANTA PAWS PROFESSIONAL PHOTOS FOR PETS & PEOPLE

12:00PM-4:00PM

Mark your calendars for the Humane Society of Clarksville-Montgomery Co.'s paw-pular annual Santa Paws Professional Photos. The fundraiser will be held one day only on Sunday, December 3rd from 12-4 p.m. at its building located at 940 Tennessee Avenue (behind the Riverside Dr. Arby's).

Cost is just \$15, which includes sitting fee with the most experienced pet-friendly Santa in town and a 5x7 printed photo. A high resolution digital download with full print rights is just \$25. Greetings cards, additional sizes, and on-site frames also available.

Humane Society of Clarksville -
Mont. County
940 Tennessee Ave.
Clarksville, TN

COOKIES & COCOA WITH SANTA

1:00PM-4:00PM Are you on the Naughty or Nice List This Year? Come Join Tennessee's Elite & Santa at this FREE Event at the

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- Maria Montessori

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amaremontessori.org
Clarksville, Tennessee

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Merry CHRISTMAS
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GovernorsCrossing Clubhouse!

We will have FREE Cookies & Cocoa for Everyone!
Kids Get a FREE Pic with Santa plus Enjoy FREE Vintage Crafts!

This Event is FREE & Open to the Public

24 Ellington Terrace
Clarksville, TN 37040

4 MONDAY

PET PHOTOS WITH SANTA

6:00PM-8:00PM

Bring your fur babies in for their own picture with Santa! We ask that all animals be on a leash while in the mall. All events are subject to change or cancellation without notice. See customer service for complete details.

Governor's Square Mall
2801 Wilma Rudolph Blvd,
Clarksville, TN 37040

8 FRIDAY

SANTA'S WORKSHOP

5:00PM-7:00PM

Moms and Dads, bring the

whole family to this place full of holiday joy! Children will have the opportunity to visit with Santa, make snow globes and ornaments, participate in reindeer games, enjoy the snack station, face painting and more. FREE with toy donation, one per family. Registration not required. Crow Community Center Clarksville, Tennessee 37043

4TH ANNUAL GERMAN CHRISTMAS MARKET

4:00PM Wander through our annual German Christmas market as you browse one of a kind high quality handmade gifts by local craftsmen, listen to live Christmas music and enjoy a grilled bratwurst or warm mug of gluhwein.

This year we will be open Friday, December 8th from 4 P.M. to 8 P.M. and Saturday, December 9th from 9 A.M. to 4 P.M.

Baked goods, hot food including pretzels, bratwurst, schnitzel, warm gluhwien, our own microbrew beer, and much more. No tickets or entry fee required.

Christ Lutheran Church
2425 Kirkwood Rd.
Clarksville, TN 37043

**9 SATURDAY
ELF SPLASH**

2:00PM-4:00PM

North Pole dwellers like to escape the cold by taking a dip in a heated pool. Join Santa's helpers to enjoy crafts, swimming, ornament making, face painting and all kinds of holiday fun.

Fee: \$5 per person.

Registration not required. New Providence Swimming Pool

166 Cunningham Ln,
Clarksville, TN 37042

CHRISTMAS IN OCCUPIED CLARKSVILLE

4:00PM-6:00PM

Visitors will be able to step back in time to see period decorations, visit with a 19th century Santa, and enjoy eggnog, cakes and caroling.

FREE! Registration not required.
Fort Defiance Civil War Park and

Interpretive Center
Clarksville, TN 37040

CHRISTMAS ON THE CUMBERLAND ACTIVITY NIGHT

6:00PM-8:00PM Come join in some holiday fun with FREE crafts, dances, activities and more! And afterwards stroll on over to our city's captivating display of over two million lights at Christmas on the Cumberland!

McGregor Park
640 N. Riverside Dr.,
Clarksville, TN 37040

**10 SUNDAY
HOLIDAY OPEN HOUSE**

1:00PM-5:00PM

Beachaven Annual Holiday Open House. Listen to live holiday music while you sip, shop, and snack around the gift shop! This event will without a doubt put you in the Holiday spirit! \$10 per person Wine Club Members enter for free!

Beachaven Vineyards & Winery
1100 Dunlop Ln.
Clarksville, TN 37040



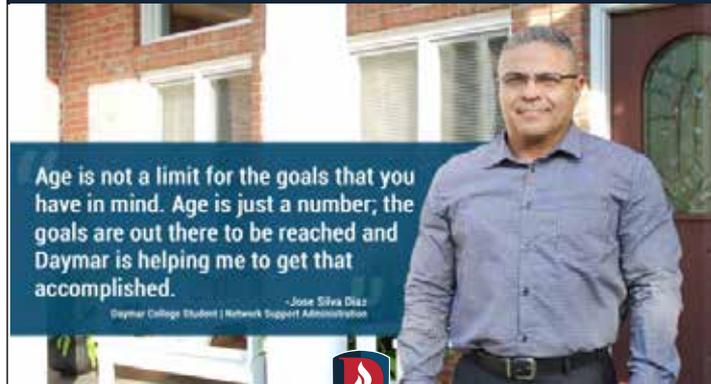
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Clarksville, TN

(931) 552-7600

For placement, financial and other important information, visit daymarcollege.edu/disclosures

**CHOIR AND ORCHESTRA
CHRISTMAS MUSICAL
PRESENTATION**

5:00PM
The sound of Christmas is in the air! Join us for a beautiful, uplifting Christmas Musical Presentation led by the Adult Choir and Orchestra. Childcare is available for three years old and younger. FREE

First Baptist Church
435 Madison St.
Clarksville, TN 37040

10:00AM-11:00AM
An early childhood educational program that builds on children's (ages 3-7) sense of wonder about nature and invites them to explore wildlife and the world around them. Drop-ins welcome! Activities include: outdoor explorations, scientific inquiry, and hands on time with a variety of animals and plants. Fee: \$3 per class

Crow Community Center
Clarksville, TN 37043

**14 THURSDAY
COMMUNITY CHRISTMAS
PARTY**

5:30PM-7:30PM Families are invited to celebrate the holidays with a fun evening of face painting, arts and crafts, letters to Santa, refreshments and more! FREE!

Registration not required. Burt-Cobb Community Center

1011 Franklin St.
Clarksville, TN 37040

**16 SATURDAY
THE WALKING TRAIL HOLIDAY
PARADE**

5:00PM-7:00PM Where else can you see a holiday parade complete with decorated miniature sized floats in a park on a walking trail? Preparations are currently underway to mark this exciting event. As is tradition for most holiday parades, Santa Claus will be there! For more information and registration details, please contact Oak Grove Tourism at 270-439-5675.

War Memorial Walking Trail
101 Walter Garrett Lane

Oak Grove, KY
HOLIDAY SPECTACULAR

7:30PM-9:00PM
It's that time of year again. December has come and with it all the joys of Christmas. Join us for an incredible and intimate afternoon of remembering what this season is truly about. Take the time to slow down, sing, laugh and reflect on what Christmas is about, why we celebrate and the traditions that keep that Christmas spirit alive in our hearts all year through. Doors open at 7 PM and show starts at 7:30 PM. Tickets are \$20 and reservations can be made by calling 931-217-4608.

The Starlight Grande
1810 Memorial Drive
Clarksville, TN 37043

**CLARKSVILLE HOLIDAY CRAFT
FAIR**

9:00AM-2:00PM Join us for our annual Holiday Craft Fair! Hosted by Daymar College

Canned goods donations are appreciated! Proceeds to benefit Ajax Turner Senior -Citizen Center

Daymar College
2691 Trenton Rd, Clarksville, TN

LIFE IN THE 1800s

1:00PM-3:00PM Learn more about what daily life consisted of in the 19th century during this monthly educational series produced in collaboration with the Friends of Fort Defiance. FREE

Fort Defiance Civil War Park and Interpretive Center
Clarksville, TN 37040

**17 SUNDAY
ELF [THE MOVIE]**

(Starring Will Ferrell) A human raised by elves searches for his birth father.

Tickets \$5 (Cash or Check ONLY)

Roxy Regional Theatre
100 Franklin St,
Clarksville, TN 37040

**18 MONDAY
FREE PROFESSIONAL
PICTURES WITH SANTA**

1:00PM-5:00PM
Come meet Santa Joe and get a free professional picture taken by our photographer Abraidedblonde.

GROWING UP WILD

GOVERNOR'S SQUARE MALL
Holiday Hours
November 19 - January 1

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
11/19 11am - 6pm	11/20 10am - 9pm	11/21 10am - 9pm	11/22 10am - 9pm	11/23 Mall Closed	11/24 10am - 10pm	11/25 9am - 10pm
11/26 11am - 6pm	11/27 10am - 9pm	11/28 10am - 9pm	11/29 10am - 9pm	11/30 10am - 9pm	12/1 10am - 9pm	12/2 10am - 9pm
12/3 11am - 6pm	12/4 9am - 10pm	12/5 9am - 10pm	12/6 9am - 10pm	12/7 9am - 10pm	12/8 9am - 10pm	12/9 9am - 10pm
12/10 11am - 10pm	12/11 8am - 10pm	12/12 8am - 10pm	12/13 8am - 10pm	12/14 8am - 10pm	12/15 8am - 11pm	12/16 8am - 11pm
12/17 8am - 11pm	12/18 8am - 11pm	12/19 8am - 11pm	12/20 8am - 11pm	12/21 8am - 11pm	12/22 8am - 11pm	12/23 8am - 11pm
12/24 7am - 6pm	12/25 Merry Christmas Mall Closed	12/26 8am - 9pm	12/27 10am - 9pm	12/28 10am - 9pm	12/29 10am - 9pm	12/30 10am - 9pm
12/31 11am - 6pm	1/1 10am - 6pm	Happy New Year				

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2485 Ft. Campbell Blvd. Suite 102 Clarksville, TN (931) 245-6060

www.clarksvillepediatricdentistry.com
www.facebook.com/cpd_kiDDS @cpd_kiDDS

Santa Joe has a hearty laugh and really gets into the Santa spirit. We will have cookies, milk, and popcorn for everyone. We cannot wait to see you there!

Cumberland Pediatric Dentistry and Orthodontics of Clarksville
495 Dunlop Lane, Ste 112
Clarksville, TN 37040

19 TUESDAY

DIABETES SUPPORT GROUP

5:00 PM the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms
Tennova Healthcare
651 Dunlop Lane
Clarksville, TN

22 WEDNESDAY

A NIGHT IN BETHLEHEM

6PM-8PM Mt. Hermon Baptist

Church invites everyone to come experience this fun Christmas event. It's an adventure that lets kids explore the city of Bethlehem. Guests will visit booths around the city and enjoy hands-on experiences, crafts, and snacks—all while learning about Jesus. Cost: FREE!

2204 Jarrell Ridge Rd.,
Clarksville, TN. 37043
931-362-3323

www.mounthermonbaptist.org

24 SUNDAY

CHRISTMAS EVE MORNING SERVICE AT FIRST BAPTIST CHURCH

10:00AM Coming together on Christmas Eve morning is a great way to focus our hearts, attention, minds and families on the real reason we celebrate Christmas.

First Baptist Church
435 Madison St.
Clarksville, TN 37040

CHRISTMAS EVE CANDLELIGHT SERVICE AT FIRST BAPTIST CHURCH

5:00PM Join us in the Grace sanctuary for our Christmas Eve Candlelight

Service. We look forward to seeing you there!

First Baptist Church
435 Madison St.
Clarksville, TN 37040

CHRISTMAS EVE SERVICES AT HILDALE UMC

5:00PM Children's Services
6:30 Contemporary Services
8:00 Traditional Services

Hilldale UMC
1751 Madison St
Clarksville TN 37043
931-647-2249

31 SUNDAY

NEW YEAR'S EVE SPLASH

8:30PM-12:30AM Ring in the New Year with family and friends at our family-friendly pool party. It's the perfect way to celebrate the start of 2018. Enjoy free access to "The Aqua Run" wibit and "The Aqua Climb" climbing wall. Pool partiers can also enjoy a giant inflatable waterslide, light show, and DJ. Don't miss the beach ball drop at midnight. After 10:00PM, minors, 17 and under, must be accompanied by parent/guardian. Fee: \$5 per person. Registration

not required.
New Providence Swimming Pool
Clarksville, TN 37042

JANUARY

1 MONDAY

FIRST DAY HIKE

1:30 PM-2:30 PM Celebrate the New Year with a Ranger led hike on our one mile Short Loop Trail. Please wear good walking shoes and weather appropriate clothing. This is a free program but please register at: tstateparks.com/parks/event_details/dunbar-cave/

4 THURSDAY

SPECIAL NEEDS NIGHT

5:00PM-8:00PM Kids-N-Play offers "Special Needs Night" on the first Thursday of every month from 5pm-8pm. Kids-N-Play close to the public at 4:00pm to the public and reopen at 5:00pm exclusively for families with a special needs child and their siblings for a private night of fun.

Kids-N-Play
525 Alfred Thun Rd, Clarksville, Tennessee 37040

RECREATION CENTERS

UPCOMING ACTIVITIES

CITY OF CLARKSVILLE
TENNESSEE'S #1 SPORT PARTICIPATION |

BURT-COBB CENTER

1011 Franklin St | (931) 472-3381
INDOOR TODDLER PLAYGROUND | AGES 1-4
JAN 8, 15, 22, 29 | MON 10-11AM | \$2 PER CLASS

COMMUNITY CHRISTMAS PARTY
DEC 14 | THU 5:30-7:30PM | FREE

CROW CENTER

211 Richview Rd | (931) 472-3382
GROWING UP WILD | AGES 3-7
NOV 16, 30, DEC 14 | THU 10-11AM | \$3 PER CLASS

SANTA'S WORKSHOP
DEC 8 | 5-7PM | FREE WITH DONATION

KLEEMAN CENTER

166 Cunningham Ln | (931) 472-3383
NEW! H.I.I.T | \$50 PER SESSION
JAN 16 - FEB 22 | TUE/THU 6-6:45PM
H.I.I.T. (High Intensity Interval Training) is a total body, heart pumping workout that includes high intensity cardio bursts designed to tone your body, and improve your endurance.

CALENDAR OF EVENTS

Subscribe to our event calendar on Facebook to learn more about our upcoming fun-filled events for the whole family!

#CLARKSVILLEPARKSREC | CITYOFCLARKSVILLE.COM/PARKSREC

& For ADA Assistance, please call 931.645.7476

just start





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Be merry, be bright!

SCHEDULE A CHEMICAL PEEL

*during the month of December
and we will upgrade your service by adding
A DERMAPLANE FACIAL FOR FREE!
\$65 savings!*

SCHEDULE A MICRDERMABRASION

*during the month of December
and we will upgrade your service by adding
LASER REJUVENATION
TO YOUR SERVICE FOR FREE!
\$100+ savings!*

Be ready to give.

*We are taking the hassle out of gift giving
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\$25 TO THE AMOUNT FOR FREE!**

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*- for your employees - we will gift YOU -
A \$25 GIFT CARD FOR YOURSELF!**



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*Gift Cards may not be used as personal balance account cards. Cards are tracked and must be gifted.

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CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

350 Pageant Lane, Suite 501, Clarksville, TN • (931) 648-8826 • mcgtn.org/library

SCOTT HUMSTON'S HOLIDAY MAGIC SHOW December 1 6:30 p.m.

The library is hosting a free magic show that is suitable for all ages. The library will close for business at 6:00 p.m. and the magic show will take place after hours at 6:30 p.m.

TEEN PROGRAMMING Every Thursday 5:00 p.m. – 6:00 p.m.

Teens (grades 7-12) will meet and participate in different activities weekly. Check the library's Facebook page for more details.

TWEEN PROGRAMMING December 11 5:00 p.m. – 6:00 p.m.

December 22
2:00 p.m. – 3:30 p.m.
Tweens (grades 4-6) will meet and participate in various activities. The event on December 22 will feature a holiday themed movie.

DIY AT THE LIBRARY: CREATE YOUR OWN WREATH December 7 6:00 p.m. – 7:00 p.m.

This is a program for adults who would like to create decorative wreaths. All supplies are provided by the library.

4 PAWS FOR READING December 9 1:00 p.m. – 2:00 p.m.

Children of all ages are welcome to attend this program where they will take turns reading books to a furry, four-legged friend!

HOLA STORY TIME WITH ABUELA ELENA December 13 9:30 a.m. – 10:00 a.m.

This is a special story time for the bilingual members of our community.

SATURDAY STORY TIME December 2, 9, 16, 23, 30 2:00 p.m.-2:30 p.m.

Saturday Story Time is for the whole family. There will be stories and songs and a craft afterwards. Come join the fun!

SENSORY STORY TIME December 2 & 16 10:30 a.m.-11:30 a.m.

Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload. We will use books, songs and movement during these story times.

LIBRARY BOOK CLUB December 21 6:00 p.m.-7:30 p.m.

The Library has started a book club! The book club will meet every 3rd Thursday at 6:00 pm in the Boaz Board Room on the second floor. This month's book is Jane Austen Ruined My Life by Beth Pattillo. You can pick up a copy of this book at the library. For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826.

RESUME AND JOB HUNTING ASSISTANCE December 9, 23 10:00 a.m. – 12:00 p.m.

Do you need help perfecting your resume or assistance finding a job? Come to the Resume Building and Job Hunt Assistance workshop for help from our reference department. The workshop will be in the second floor computer lab.

FAMILY STORY TIME Mondays: December 4, 11, 18 10:30 am – 11:00 am

Every Tuesday (excluding December 26)
9:30 am – 10:00 am
The Family Story Time programs will feature stories centered on a specific theme that will cover a wide range

of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

BUSY BEES TWOS & THREES December 4, 11, 18 9:30 am – 10:00 am

This is a program for children ages 2-3.

JUST FOR ME STORY TIME December 5, 12, 19 10:30 am – 11:00 am

Just for Me is designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or care giver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

BABY AND ME LAPSIT December 7, 14, 21, 28 9:30 am – 10:00 am

The Baby and Me Lapsit (pre-walkers) program is designed for infants from birth up until they begin walking. This program brings caregivers and infants together in the library and offers them an opportunity to enjoy a special sharing time together promoting and modeling early literacy. Infants sit on their parent's lap and interact with them while enjoying songs, music, bounce rhymes, play rhymes, free play and books designed with babies in mind! We provide age appropriate programming and ask that no older children accompany the caregiver and baby in this program.

WALK WITH ME December 7, 14, 21, 28 10:30 am – 11:00 am

This program is designed for toddlers that are walking and under the age of two. This program allows toddlers to explore language and books with their caregivers in a fun and intimate setting. Programs include rhymes, songs, circle games and books as well as time for free play and informal discussion of early childhood development. We provide age appropriate programming and ask that parents bring only the appropriate age child with them to the program.

ARTS FOR HEARTS December 12 4:00 pm – 5:30 pm

Arts for Hearts will be at the library leading a craft project for children.

BASIC COMPUTER & FACEBOOK SKILLS Every Friday 3:30 pm -5:30 pm

Want to begin using a computer? If you need an in-person guide who can show you the basics of using a computer then this is the class for you. You will also learn basic social media skills for communicating with family and friends via Facebook. This class introduces first-time computer users to computer basics and gives practical tips for using social media. The pace of the class will be adjusted to attendees in the class and there will be plenty of time for questions and one on one time.

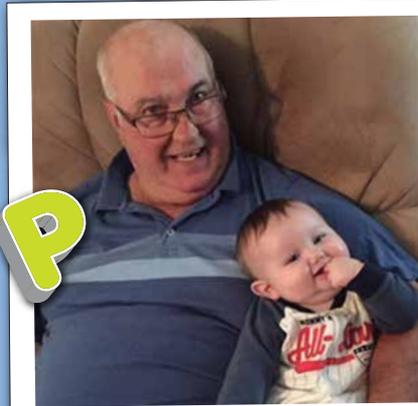
FAMILY LEGO PROGRAM December 16 3:00 p.m. – 4:30 p.m.

Family Lego Program is fun for the whole family! We supply the Legos, and you supply the imagination.

HAPPY BIRTHDAY!



Happy 1st birthday, Miss Emma!
Love, Mommy and Daddy



Happy Birthday Papa!
Love, Stacey & Thomas.



Happy Twodoodles to our Minnie Belle
Love Mommy, Daddy and Naenae.



Happy 2nd Birthday BUD!
Love Pop, Gigi, D & Nanu



Happy 3rd Birthday Caroline Grace
Mommy and Daddy love you!



Happy 3rd Birthday Harper Gayle!
Mommy, Daddy, & Everhett.
Love You, Mean it!

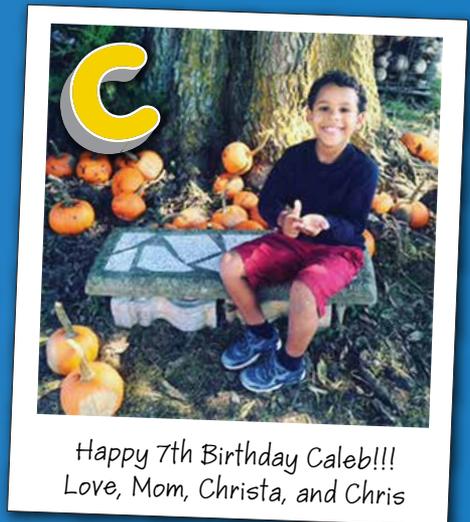
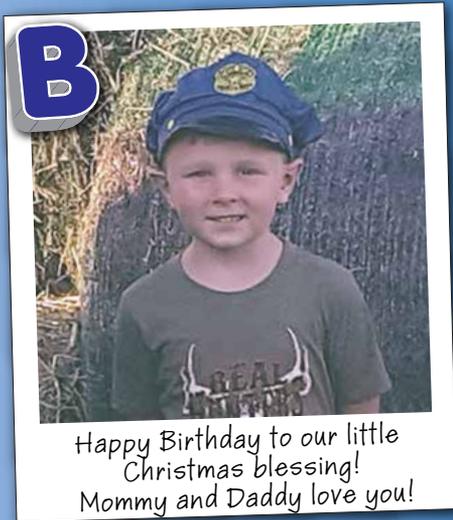


Happy 4th birthday Ahjourni!
Love, Dad, Mom and
your three big Brothers.



Wishing our big Bub Jaxen
a happy 4th Birthday!
Love always and forever

HAPPY BIRTHDAY!



ADOPTION & FOSTER CARE

CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Karen Pinkett at 931-217-3813 or email karen.pinkett@pathways.com.

CENTERSTONE FAMILY CENTERED SERVICES

Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information call/text Jaime at (931) 980-8498. To be added to the contact list, please send your e-mail address and/or phone number to CFAA@outlook.com.

CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ADOPTION

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@hinsync.com.

OMNI VISIONS INCORPORATED

Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. The qualifications are simple: May be married, single or divorced; May or may not have other children; Can own your home or rent; Must be at least 25 years old to become a foster parent; Must be able to meet the financial and emotional needs of your own family; Can work full-time; Must be a resident of the U.S. How do you become a foster parent? The first step is to contact our office. Our phone number is (931) 436-9310 or visit omnivisions.com.

YOUTH VILLAGES

A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, jennifer.kessler@youthvillages.org or visit www.youthvillages.org.

ARTS, CRAFTS & HOBBIES

CLARKSVILLE AJAX TURNER SENIOR CENTER
953 CLARK ST. CLARKSVILLE, TN 37040
(931)-648-1345

We are a non-profit senior activities center. There are a wide variety of programs and activities for seniors age 50 and above. Educational activities such as ceramics, coloring, and quilting classes. We have a card room, billiards room, wii bowling, exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

CLARKSVILLE MODEL RAILROAD CLUB

Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some great fun which we started to do when we were young. For further information see our Facebook page or call (931) 216-5351.

COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact (931) 221-7508, csa@apsu.edu, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

Offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact Abigail Haake at (931) 278-7921 or abby@madisonstreetumc.com, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

LET'S PLAY CHESS

We meet on Fridays at 4:00 p.m. in the coffee shop at Books-A-Million, 125 South Hampton Place, for casual games of chess. All ages and levels of chess players are welcome and encouraged to come. For more information, contact Joe at chess.clarksville@yahoo.com.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or www.buddyball.net.

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@hotmail.com, or visit www.flyballdogs.com/qcrr for more information about this exciting canine sport.

CLARKSVILLE BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Foy Center on Marion St. Contact Janet at (931) 648-4952 if you need more info.

CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and

he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit JVolleyball.com, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit clarksvillefamilycenter.org or call (931) 647-4341.

TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at isbell_dave@yahoo.com.

THUNDERBOLT AQUATICS SWIM CLUB

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit thunderboltaquatics.com call (270) 226-8421 or e-mail thunderboltcoach@gmail.com. All participants must pass a swim test.

WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail warrriorscheersquad@yahoo.com.

CHILD BIRTH & PARENTING EDUCATION

ROOTS CHILD BIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/ Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at fortcampbelldoulas.webs.com or find us on Facebook at www.facebook.com/groups/clarksvillebirthpros/.

HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month facebook.com/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Classes cover the initial steps to successful breastfeeding, uses for breast pumps and other supplies. Classes are normally taught in Legacy Rooms A & B (651 Dunlop Lane) on the first Tuesday of every month from 7-9 p.m. Registration is required. Register at Tennova.com.

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

Bring your older children to Sibling Class. It offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. The class is typically offered the last Saturday of the month from 12-1 p.m. in the 3rd Floor Classroom (651 Dunlop Lane). Registration is required. Register at Tennova.com. Whole Woman

WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or wholewomanlactation.com.

CHILD CARE

CHILD CARE AWARE

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is (931) 648-3695.

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or progressivedirections.com.

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or tacj@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. middleschool.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

Provides 24-hour emergency shelter, crisis hotline, professional counseling, advocacy and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or mtcbbsa.org.

CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstation@yahoo.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, info@leaporg.net, leaporg.net.

COMMUNITY OUTREACH 101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization that welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit studythescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or ed2go.com/apsu.

ARMY COMMUNITY SERVICE

ACS is an important part of the Army's program to assist Soldiers and their Families in meeting specific needs. ACS offers a wide variety of programs with topics such as financial readiness, family programs, and relocation readiness tailored to assist Army Families living on and off post. ACS is the place to go for answers to your questions and help with concerns or issues facing military Families. 2601 Indiana Avenue, Fort Campbell. (270) 798-9322, campbell.armymwr.com/us/campbell/programs/acs or facebook.com/FortCampbellACS/.

ASERCARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor to support patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatam, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatiainsinTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in

Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like us on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at facebook.com/FriendsoftheBluewayClarksvilleTN for more information and sign up for email updates at outdoorclarksville.com.

TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Serving Montgomery, Cheatam, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

GRACE ASSISTANCE PROGRAM

Helps the community with utility bills, prescriptions, clothing, food boxes, some emergency shelter, transportation, and housing when funds allow. During specific times of the year we have collections like now we are collecting new and gently used coats that we will be giving away at our office located at 217 South Third Street.

HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, habitatmtn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail

or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: facebook.com/haileyshopePSP or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at huihawaiiottm.com.

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

HUMANESOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, humanesociety@clarksville.com or clarksvillehumanesociety.org.

LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or asociacionlatina.info.

LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

MANNA CAFÉ MINISTRIES

Serving the Montgomery County area with hot meals and food pantry. FOOD PANTRY – Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS – We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

MONTGOMERY COUNTY WIC CLINIC

300 Pageant Lane. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including two free monthly classes (see calendar for dates and times). (931) 551-8777.

RADICAL MISSION

Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit traeyc.org.

UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at webbm@apsu.edu. You can also visit our website at apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-8311-1050. Clark Street AA Hotline: (931) 647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or aptitudeservices.com.

ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit clarksvillefirst.com.

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with dinner served and the meeting starts at 7:00 p.m. Child care is provided and we also offer Celebration Station, which is an organized teaching outreach to the children (ages 5 through 12) of Recovery attendees. Come check us out. If you have any questions you may call the church office at (931) 647-7768 or call Jo Ann Waikel at (931) 216-6644.

CENTERSTONE

Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, Centerstone.org.

COLUMBUS ORGANIZATION

Provides in-home Applied Behavior Analysis (ABA Therapy) services for children and adults with Autism Spectrum Disorders and Developmental Disabilities. Tricare, TennCare, and many private insurances accepted. (615) 902-0950

HEALTH CONNECT AMERICA

At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment, anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit healthconnectamerica.com.

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling,

Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 201 Uffelmann Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit mhc-tn.org.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or pastoralcounselingctr.org.

PARKINSONS SUPPORT GROUP

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information. Meetings held at: Church of Christ, Trenton Crossing 2650 Trenton Rd. Clarksville, TN.

THE PATH LIFE COACHING

Through The Path Life Coaching, ThePathLifeCoaching.com, you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at JuleeSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Katrina Watts, RIP Coordinator @ (931) 494-4863, Katrina.Watts@centerstone.org.

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin additions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited

financial resources or no insurance. We are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host parents may go to afsusa.org/host to view and fill out a hosting application. Keep in mind that CMCSS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to afsusa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusa.org/misstennyky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at yfuusa.org/meetstudents. Apply at yfuusa.org/host or call (800) 872-0200 to speak directly with your local Field Director.

PARENT GROUPS

CHRIST PRESBYTERIAN CHURCH MOPS

Mothers of Preschoolers (MOPs) is an international organization aimed at empowering mothers from pregnancy to the day they wave goodbye to their child on the first day of school. We meet from 9:30 a.m. to 11:30 a.m. most 1st and 3rd Thursdays of the month from September to May. Meetings are held at 1230 Rossvie Road. Childcare is available. For more information please contact Sabrina Reising or Anne Coleman at mops.cpcclarksville.com.

CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Beleny to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTOUSNESS ACADEMICALLY)

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit orgsites.com/tn/chara or e-mail clarksvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit chn.proboards.com. There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with

their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. sahm.meetup.com/1943/

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month facebook.com/LLCClarkville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to momsclubofclarksvilwest@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

HILLDALE BAPTIST CHURCH MOPS

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-ordinators, at mops@hilldale.org. Visit hilldale.org/mops or find us on Facebook under Hilldale Baptist Church MOPS.

SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Wednesdays of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Meagan Hurley at meaghurley@gmail.com. Find us on Facebook at Spring Creek MOPS.

SUPER MOM'S GROUP

If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays!

Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at devin.maureen@yahoo.com.

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term preventive health care solutions to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: facebook.com/#!/groups/tnSharehomeschool/

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit tennessee.gov/education/teis or call (800) 852-7157.

WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 300 Pageant Lane. Call (931) 551-8777 for more information. No reservations needed.

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. For additional information, please contact Charmist Fields, President, (931) 358-3875, charmistfields@charter.net.

NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 PM at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 AM at Clarksville Montgomery County Public Library. Contact Rick Richmond at (931) 362-3143.

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or shelleytaroli@gmail.com.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or slewis@ymcamidtn.org.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit cadstn.org.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

For patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT GROUP

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or ostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@invoices.org, Jennifer Allen at (615) 854-2165 or JAllen@invoices.org; or Sharon Jarrell at (931) 266-6064.

COMPASSIONATE FRIENDS

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meets the third Wednesday of each month from 6:00 p.m. to 7:30 p.m. at the Clarksville-Montgomery County Public Library. Contact Henry Moore, Jr. at tcfofclarksvilleville@gmail.com.

DIABETES SUPPORT GROUP

Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. focusautismnow.com

GRIEF SUPPORT GROUP AT ASERACARE

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers

grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvohland-free@jdrf.org.

MEN HELPING MEN

A Christ-based outreach ministry which focuses on restoring and inspiring men to return to God's glory. We believe that by encouraging spiritual unity, growth and providing assistance to men in need this can be accomplished. We assist by teaching small groups, partnering with other outreach ministries and volunteering in the community. Contact us at (931) 241-1884 or (931) 249-4806.

Do you have a loved one battling a mental illness? Our monthly support group is for families and friends of the mentally ill. We encourage, support, and provide information to families. We meet monthly every third Monday at 6:30 at Tennova Healthcare (formerly known as Gateway Medical). For more information, call Karen at 931-221-2696 or look for us on Facebook at Clarksville NAMI.

PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Tennova Healthcare - Clarksville. To have your pet screened call Kathy at (931) 553-8959.

TENNOVA HEALTHCARE - CLARKSVILLE SMOKING CESSATION:

It's hard to quit smoking. That is why Tennova Healthcare - Clarksville offers a free smoking cessation informational consultation. The consultation covers quitting strategies, symptoms of nicotine withdrawal, techniques to cope with withdrawal symptoms, developing a support network, education on cessation medications, and tips for staying smoke-free. The consultation is free, but an appointment is required. To schedule an appointment, call (931) 502-4060.

YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

TUESDAY OVERTEARS ANONYMOUS MEETING

Tuesdays, 11:00 am to Noon Parish Library in the St. Saint Joseph Center Room # 9 (downstairs: parking behind building) 709 Franklin Street Clarksville, TN 37040 Email contact: tuesday11meeting@gmail.com

For corrections or to include your group's information e-mail info@clarksvillevivingmag.com.

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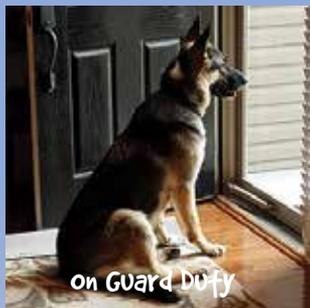
Mr. Bojangles in his bow tie!



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Chloe and her blind dog Sofie.



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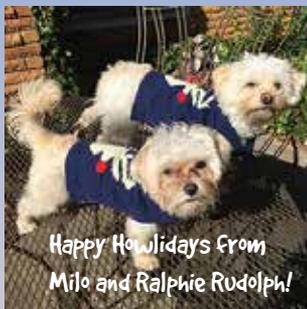
come on in we can play!



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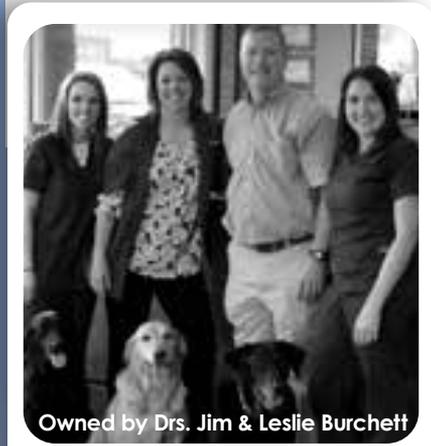
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